




PRACTICE SCHEDULE - DOVER HIGH SCHOOL SWIMMING

**NOVEMBER 2018**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRESEASON SCHEDULE CAN BE FOUND ON THE SWIMDOVER.ORG WEBSITE UNDER THE PRACTICE CALENDAR TAB				1 Follow Preseason Schedule	2	3
4	5 Follow Preseason Schedule	6 Follow Preseason Schedule	7 Follow Preseason Schedule	8 Follow Preseason Schedule	9	10
11	12 Follow Preseason Schedule	13 Follow Preseason Schedule	14 Follow Preseason Schedule	15 Follow Preseason Schedule	16 FIRST DAY OF HS PRACTICE- 3:10 & PARENT MEETING @ 5:30	17 Practice 8-9:30 AM
18	19 AM WEIGHT 6:20-7:00  PM SWIM 3:10-5:30	20 AM SWIM 6:20-7:00  PM SWIM 3:10-5:30	21 NO SCHOOL  Practice 8-9:30 AM	22  HAPPY THANKSGIVING!!  NO PRACTICE	23 NO SCHOOL  Practice 8-9:30 AM	24 Practice 8-9:30 AM
25	26 NO SCHOOL  Practice 8-9:30 AM	27 AM SWIM 6:20-7:00  PM SWIM 3:10-5:30	28 AM WEIGHT 6:20-7:00  PM SWIM 3:10-4:15	29 AM SWIM 6:20-7:00  PM SWIM 3:10-5:30	30 PM SWIM 3:10-5:30	